

Food Policy Nutrition Guidelines Fundraising

The Los Angeles County Food Policy encourages employees to fundraise with healthier foods and non-food items. Smart Snackers suggests that employees use the nutrition guidelines below when fundraising with foods and beverages:

Suggested Guidelines When Fundraising With Foods:

- a) No more than 35% of calories from total fat (not including nuts, seeds).ⁱ
- b) No more than 10% of calories from saturated fat.^{ii, iii, iv}
- c) Does not contain *trans* fats added during processing (hydrogenated oils and partially hydrogenated oils).^v
- d) No more than 35% of its total weight shall be composed of sugar (including naturally occurring and added sugar). This does not apply to the sale of fruits or vegetables.^{vi}
- e) No more than 360 mg of sodium per serving.^{vii, viii}
- f) Half of all grains offered are whole grains.
- g) Items shall not exceed 200 calories per item.^{ix, x}

Suggested Guidelines When Fundraising With Beverages:

- a) 100% fruit juices with no added sugars, artificial flavors or colors (limited to a maximum of 10 ounces per container).
- b) Drinking water with no additives except those minerals normally added to tap water.
- c) Dairy milk, non-fat, 1%, and 2% only (no flavored milks).^{xi}
- d) Plant derived (i.e. rice, almond, soy etc.) milks (no flavored milks).
- e) Artificially-sweetened, calorie-reduced beverages that do not exceed 50 calories per 12-ounce container.

ⁱ Legislative Counsel State of California.

ⁱⁱ Center for Public Health Advocacy. National consensus panel on school nutrition: recommendations.

ⁱⁱⁱ Legislative Counsel State of California.

^{iv} U. S. DHSS. The Food Label.

^v Center for Public Health Advocacy. National consensus panel on school nutrition: recommendations.

^{vi} Legislative Counsel State of California.

^{vii} U. S. DHSS. The Food Label.

^{viii} Code of Federal Regulations.

^{ix} USDA FNS. Healthier US Food Challenge.

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^{xi} Center for Public Health Advocacy. National consensus panel on school nutrition: recommendations.

